

Component #1 – Physical Agility Assessment

Purpose:

To measure an applicant's cardiovascular efficiency, body and muscular strength, flexibility, speed, endurance and coordination in order to identify the most physically fit of those individuals applying.

Preparation:

It is recommended that the applicant begin immediately to prepare for the physical agility assessment by establishing a routine physical fitness program. A regular program will be of an overall benefit to each applicant and may result in better participation results.

Rationale:

As a Rushville City Firefighter, you will routinely be required to perform the general duties as outlined. These duties require a high level of physical fitness and coordination.

As a Rushville Firefighter you will routinely encounter;

- Extremes in weather conditions;
- Mental stress generated from the involvement in life and death situations;
- Cardiovascular stress generated by movement from resting to a highly active state;
- Operating or riding on emergency vehicles;
- Working with heavy fire department equipment for extended periods while wearing burdensome fire gear both at ground level and from heights;
- Lifting, prying, carrying, pushing and pulling heavy objects and fire equipment. Thereby requiring a high level of physical fitness.